

22. A method according to Claim 14 including the steps of:
- adding food to the container through a second open end of the container which is opposite said open end closed by said closure;
  - closing said second open end by a conventional can end;
  - heating said food within said container to cook said food; and
  - preventing rupture of said flexible membrane due to internal container pressure caused by said heating by the presence of said laminar member of said rigid cap.